

1. An exercise system, comprising:
 - a rigid bar having two ends and a central segment extending therebetween;
 - a body-part-engaging component having one or more hooks or rings; and
 - two or more elastomeric tube assemblies each connected via threaded elongate members on one end to the hook or ring, and on their respective other ends to the bar, such that displacement of the rigid bar with respect to the body-part-engaging assembly stretches the elastomeric tube assemblies to provide resistive force.
2. An exercise system, comprising:
 - a rigid bar having two ends and a central segment extending therebetween;
 - a body-part-engaging component having one or more hooks or rings; and
 - a elastomeric tube assembly having two ends, each end connected via threaded elongate members to the rigid bar and traversing a sleeve affixed to a non-engaging surface of a pad also having a surface adapted to engage a body part of a user, such that displacement of the rigid bar with respect to the body-part-engaging component stretches the elastomeric tube assembly to provide resistive force.
3. The exercise system of claims 1 or 2, wherein the body part engaging component comprises a rigid plate including a hook or ring centrally located upon one surface thereof, said surface of sufficient size to accommodate a portion of a foot on each side of the hook or ring.
4. The exercise system of claim 3, wherein the component further comprises a pair of foot stirrups attached to the plate on each side of the hook or ring.

5. The exercise system of claims 1 or 2, wherein the means for connecting the threaded elongate members to the rigid bar comprise a pair of carabiner-like terminators disposed at the non-threaded end of each of the elongate members.
6. The exercise system of claim 5, wherein the carabiner-like terminators are directly hooked around the circumference of the rigid bar.
7. The exercise system of claim 5, wherein each carabiner-like terminator is hooked to one of a pair of rings permanently affixed to the rigid bar.
8. The exercise system of claim 5, wherein each carabiner-like terminator is hooked to one of a pair of rings permanently affixed around the rigid bar.
9. The exercise system of claims 1 or 2, wherein the rigid bar further comprises one or more means for precluding motion along the bar of the respective connected ends of the elastomeric tube assemblies.
10. The exercise system of claim 9, wherein the one or more motion precluding means comprises a pair of plates disposed about the bar, each having one or more holes to accommodate one or more connections to the elastomeric tube assemblies.
11. The exercise system of claim 9, wherein the one or more motion precluding means comprise pairs of non-moving flanges disposed about the rigid bar.
12. The exercise system of claims 1 or 2, wherein the means for connecting the threaded elongate members to the rigid bar comprise a pair of carabiners disposed about the rigid

bar for hooking eye loop disposed at the non-threaded end of each of the elongate members.

13. The exercise system of claims 1 or 2, wherein the body part engaging component comprises a harness including
 - a pad having a surface for engaging a body part and a non-engaging surface, and
 - means for adjusting the distance between the pad and the rigid bar.
14. The exercise system of claim 13, wherein the distance adjusting means comprises:
 - a sleeve spanning the non-engaging surface of the pad; and
 - a strap disposed within the sleeve having a plurality of spaced-apart terminators fastened thereto for connection to one of the ends of the elastomeric tube assemblies.
15. The exercise system of claim 14, wherein the distance adjusting means further comprises a buckle mechanism for adjusting the length of the strap.
16. The exercise system of claim 14, wherein the sleeve is defined by a Velcro flap when affixed to the non-engaging surface of the pad.
17. The exercise system of claim 13, wherein the harness further comprises a pouch large enough to carry each component of the exercise system.
18. The exercise system of claims 1 or 2, wherein the body-part-engaging component comprises one or more foot stirrups.
19. The exercise system of claim 18, wherein each foot stirrup includes a band of adjustable length.

20. The exercise system of claim 18, wherein:
- the rigid bar is of a length sufficient for gripping by one hand;
 - the one or more foot stirrups comprises a single stirrup; and
 - the two or more elastomeric tube assemblies are each attached to the single stirrup.
21. The exercise system of claims 1 or 2, wherein each elastomeric tube assembly comprises:
- a elastomeric tube of predetermined width having a first end and a second end;
 - at each of said elastomeric tube ends,
 - a first cylindrical bushing having a threaded bore and an outer diameter dimensions so as to allow tight insertion into the elastomeric tube,
 - a coaxially positioned second cylindrical bushing having a threaded bore of the same diameter as the threaded bore of the first bushing and an outer diameter smaller than the outer diameter of the first bushing by an amount approximating the width of the elastomeric tube, thereby defining an annular ridge,
 - a threaded elongate member for securing said first bushing adjacent said second bushing, and
 - a means for connecting the threaded elongate member to a modular component of the exercise system,
 - wherein the second bushing fits tightly within an involuted portion of said first or second end of the elastomeric tube and the annular ridge serves to preclude axial motion of the tube with respect to the first and second bushings.
22. The exercise system of claim 21, further comprising:

one or more threaded nuts disposed about each threaded elongate member for locking the relative positions of the first and second bushings at each of the respective ends of the elastomeric tube.

23. The exercise system of claims 1 or 2, wherein each elastomeric tube assembly comprises:
 - a elastomeric tube of predetermined width having a first end and a second end;
 - at each of said elastomeric tube ends,
 - a cylindrical bushing having a threaded bore and an outer diameter dimensioned so as to allow tight insertion into the elastomeric tube, and
 - a threaded elongate member screwable into the cylindrical bushing,
 - wherein the cylindrical bushing fits tightly within an end portion of the tube.
24. The exercise system of claim 23, wherein the end portion of the tube is involuted.